

August 8, 2003

Community Academy Public Charter School
Leonard Upson, Principal
1300 Allison Street, NW
Washington, DC 20011

Dear Mr. Upson:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Traditional Meal Pattern with the nutrient standards established for grades K through 6.

Key highlights from your review:

- Your menu has a good variety of entrées during the week.
- Your menu meets the nutrition standards for total and saturated fats.

Based on the documentation you provided, the analysis for the week of review indicates your menus are low in total calories, Vitamin C and iron. The attached nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to ensure regulatory compliance. Since you have your meals vended from Friendship School Food Systems, you will need to coordinate with them to make any necessary changes.

<p style="text-align: center;">Plan of Action Meal Pattern and Nutrition Standards Compliance</p>	
Observations/Finding	Recommendations
<p>Total Calories: 523 Calories are 84% of the target of 624 for this age range. Both breakfast and lunch are low in Calories.</p>	<ul style="list-style-type: none"> ♦ Add items to your breakfast menu such as low fat yogurt, graham crackers, granola bars, or other grain or protein products. ♦ Increase vegetable and fruit portion sizes. ♦ Serve low fat dessert items such as fruit bars or graham crackers at lunch.
<p>Vitamin C: The combined analysis of breakfast and lunch showed Vitamin C to be at 8.79 mg, which is only 61% of the standard of 14.32 mg.</p>	<p>Offer foods that are high in Vitamin C more frequently on your menu.</p> <ul style="list-style-type: none"> ♦ Foods include broccoli, cauliflower, bell peppers, oranges, pineapple, tomatoes, and potatoes. ♦ Serve juices high in Vitamin C, such as orange and pineapple, more often than other juices.
<p>Iron was slightly low at a daily average of 3.22 mg, which is 98% of the standard of 4.27 mg per day.</p>	<p>Offer more foods high in iron such as dried fruits (raisins, apricots), beans (baked beans, refried beans, bean soup) and leafy green vegetables.</p>
<p>The federal regulations (7CFR 210.10 (k)(1) requires all components of the breakfast Traditional Meal Pattern be offered for a meal to be reimbursable.</p>	<p>The breakfast pattern requires you offer the following:</p> <ul style="list-style-type: none"> ♦ Milk ♦ Fruit/juice <p>Two of the following of your choice:</p> <ul style="list-style-type: none"> ♦ Bread/grains ♦ Meat/meat alternate <p>Most of your breakfast menus offer the milk and fruit/juice, but offer only one bread/grain serving. This is not a reimbursable meal. Add a second bread/grain or a low fat meat/meat alternate to the menu in order to make it reimbursable. See your <i>USDA Food Buying Guide for Child Nutrition Programs</i> for definitions.</p>

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These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell
State Director

cc: Dianna Duckett